



WHITEBOARD – Under-stretching (Non-sufficient / existent stretching) vs. Over-stretching

Under-stretching is not stretching (holding your muscles into a point of releasing trauma built tension, or “relief”) your muscles enough to counter the effects of using your muscles through daily living (ADLs). Most people do not know how to stretch all of the muscles in their body, or how often they should stretch for what they do, or don’t do. Symptoms of under-stretching your muscles can include:

- Region specific or overall joint / muscle tenderness, stiffness, discomfort (Tightness related impingement due to usage of your musculoskeletal system in your specific ADLs) + TIME
- Region specific or overall joint / muscle immobility, limited ROM, minimal / lack of functional ability (Lack of proper conditioning) + TIME
- Impingement related injuries, especially when exercising through pains / problem movements + TIME

Over-stretching (sometimes turning into *Hyper-mobilization* of whole musculature’s, joint region(s) or even your entire body) is when you have stretched your muscle(s) too much, whether it be too often over a short period of time, or less often, though over an extended period of time (but not having enough exercise / movement related training to counter over-stretching effects). When you have over-stretched muscles / hyper-mobile joints, symptoms can include:

- Joint / muscle weakness, inability to gain strength (Might also lose strength, there’s a higher risk of injury when trying to lift heavier, especially if you have an existing muscle imbalance(s))
- Feeling of uncertainty in specific / multiple muscles and / or joint regions (Specific to amount of over-stretch/hyper-mobility per individual, reasoning (what was done too much or wasn’t done enough of)).
- Localized bruising, associated with pain / uneasiness of specific muscular associated reaches / stretching movements (and may also include pain while using the whole limb / joint region).

Why it’s important to understand the difference, Who it can happen to and How?

With over-stretching, bruising and pains (or lack of functionality) occurs when the over-stretched muscle / hyper-mobile joint can no longer properly stabilize the bones they’re supporting, and so the joint region will literally collapse on the structure that is lacking proper stability. The pain would be caused by the pressure of the bones pushing in on the muscle / nerve area, and so the nerve cannot properly glide in between the squishy muscles, also causing the feeling of weakness and uncertainty. The physical bruising would be caused by the pressure on blood vessels, causing improper circulation.

This can also include:

-Uncertain feeling of self	-Inability to grip / walk / stabilize	-Anxiety of movement
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With under-stretching, You can also get pains and bruising (as well as clicking muscles / joints, immobility, inflexibility), however it will likely be a different experience from this end of the spectrum. You might be doing a specific action too often without the balanced opposing movement(s). You might also just be doing everything too much. Balance is key, however also knowing the disciplines of Proper Program Planning and Periodization will assist you in avoiding balance related issues life-long.

(When) How long does it take to fix an Under-stretch (muscle tension) or Over-stretch (hyper-mobility) related condition / injury? (I will have articles for genetically (hereditary) related conditions)

It would depend on the spectrum of action (or lack of) and the consequences (or rewards) for both considerations, and with the understanding of what happened and what disciplines you must (re)learn.